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method for delivering a medicament to an individual comprising the steps of:

providing a chewing gum consisting of ingredients selected from the group consisting of elastomers, resins, fats, oils, softeners, fillers, waxes, colorants, antioxidants, plasticizers, texturizers, emulsifiers, whiteners, acidulants, bulking agents, essential oils, sweeteners, and flavors, and at least one medicament;

chewing the chewing gum to cause the medicament to be released from the chewing gum composition into the buccal cavity of the individual; and

continuing to chew the chewing gum thereby creating a fluid pressure causing the medicament to enter the systemic system of the individual through an oral mucosa of the individual.

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7. A method for reducing the amount of agent necessary to achieve an effect in an individual as compared a typical agent that is swallowed comprising the steps of:

providing a chewing gum consisting of ingredients selected from the group consisting of elastomers, resins, fats, oils, softeners, fillers, waxes, colorants, antioxidants, plasticizers, texturizers, emulsifiers, whiteners, acidulants, bulking agents, essential oils, sweeteners, flavors, and at least one agent that is typically swallowed by an individual to achieve a specific effect, the chewing gum including less than the typical amount of agent that is swallowed by the individual to achieve the effect;

chewing the chewing gum and thereby causing the agent to be released into the salvia of the individual; and

continuing to chew the chewing gum forcing the agent through an oral mucosa contained in a buccal cavity of the individual.

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19. A method of delivering a medicament comprising the steps of:

providing a chewing gum consisting of ingredients selected from the group consisting of elastomers, resins, fats, oils, softeners, fillers, waxes, colorants, antioxidants, plasticizers, texturizers, emulsifiers, whiteners, acidulants, bulking agents, essential oils, sweeteners, flavors, and at least one medicament; and

chewing the chewing gum for at least 2 minutes in a buccal cavity of an individual chewing the chewing gum.